



**FOR IMMEDIATE RELEASE**

**CONTACT:**

[Name]

PHONE: [Phone]

[Email]

[Health Department or other Website]

[Heat Website]

**[CITY/COUNTY NAME] EXTREME HEAT ALERT ISSUED**

*Residents are advised to stay cool, stay hydrated, and stay informed.*

**[CITY NAME, ST]** – Health Commissioner, [Name], has declared an Extreme Heat Alert in [City/County] for [Date] as temperatures are expected to reach [temperature range].

Extremely high or unusually hot temperatures can affect your health. On average, 675 deaths from extreme heat events occur each year in the United States. **Most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition.**

Take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke.

*Stay cool*

- Stay in air-conditioned buildings.
- Contact the [Health Department or other appropriate contact] at [Phone number] or [Web site] to locate an air-conditioned shelter in your area.
- Do not rely on a fan as your primary cooling device.
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Check on at-risk friends, family and neighbors at least twice a day.

*Stay hydrated*

- Drink more than usual and don't wait until you're thirsty to drink.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Make sure your family, friends and neighbors are drinking enough water.

### *Stay informed*

- Check your local news for extreme heat warnings and safety tips.
- Visit [Web site] to find local information and tips for preventing heat sickness.
- Keep your friends, family and neighbors aware of weather and heat safety information.

Additionally, the [Health Department or other appropriate contact] encourages all residents to learn the signs and first aid response for heat-related illness. Warning signs and symptoms vary but may include:

### **Heat Exhaustion**

#### ***Symptoms***

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

#### ***What You Should Do***

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

### **Heat Stroke**

#### ***Symptoms***

- High body temperature (above 103°F)\*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

#### ***What You Should Do***

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

Emergency cooling centers [or other air-conditioned shelter] will be open throughout the city. Each center will provide cool air and water free to the public from [hours of operation].

- [Name of Cooling Center] – [Address of Cooling Center]
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For more information on extreme heat, call [Phone Number] or visit [Heat and/or Health Department Web sites].

\*104°F taken rectally is the most accurate